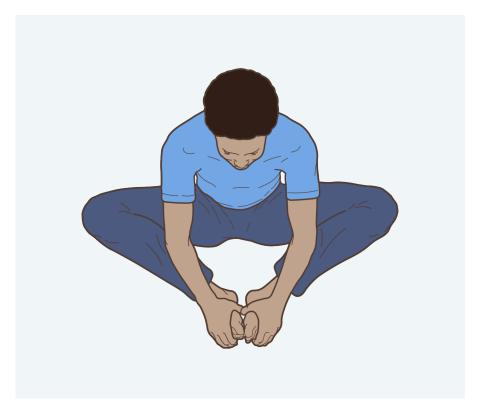
## Activity 20: Butterfly wings



- 1. In a seated position, place the soles of your feet together and hold them with your hands. The legs are now forming the 'butterfly wings'.
- 2. Place your elbows gently between your legs or rest them on your knees.
- **3.** Gently press the knees down to increase the stretch.

  Where did you feel it in your body when we pushed down on our knees?
- **4.** Now repeat the butterfly wings stretch but this time focus on one of the body parts you identified in step 3.
  - Where did you feel it in your body this time with the butterfly wings stretch? Did you feel it in the same place as last time or somewhere new?

Follow-on activity:

To add a spine stretch, bend forward from the upper back and reach forward towards your feet.